

[an instep portion in the vamp to cover a metatarsal section of the foot, the instep portion including] a liner positioned beneath [the] said instep portion and consisting of a single piece; and

[a steel toe positioned on a toe portion of the upper for protecting a toe region of the foot; and]

an elastic instep guard positioned between [the] said instep portion and [the] said liner to protect a [the] metatarsal section of the foot, [the] said instep guard including an elastic support having a plurality of hollow passages and extending from [the distal] said toe region to [the proximal] said instep region of [the] said vamp [which is attached to the toe portion of the steel toe; and].

[an outsole attached to the upper to define a cavity that receives the foot through the opening.]

Please add the following new claim:

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Footwear for protecting a foot, comprising:
a vamp of an upper extending from a toe portion to an instep portion;
a liner positioned beneath said instep portion;
a steel toe positioned beneath said toe portion;
an elastic guard positioned between said instep portion and said liner and including a plurality of hollow passages; and

Application No. 09/686,546

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Page 3

said elastic instep guard is in contact with said steel toe and extends from said steel toe toward said instep portion for providing continuous protection to the foot.
